

February Group Exercise Schedule



Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
6:30-7:15AM	6:30-7:15AM	6:30-7:15AM	6:30-7:15AM	6:30-7:15AM	7:30-8:30AM	10:30 -11:30AM
Pilates	Pilates	Barre	Pilates	Pilates	Muscle Conditioning	Dance Jam
Marie (30)- No class 2/21	Marie (30)	Marie(30)	Marie (30)	Marie (30)	Melissa (25)	Melissa (40)
8:00-9:00am	7:00-8:15AM	8:00 - 8:55AM	8:00-9:00AM	7:00-8:15AM	7:30-8:25AM	
Pilates	Starts 2/22 - Yoga - All Level	Pilates	Cardio Drumming	Starts 2/22 - Yoga - All Level	Pilates	
Marie (30)	Gladyss - Assembly Room (30)	Marie (30)	Susan (25)	Gladyss - Assembly Room (30)	Marie - Assembly Room (30)	
9:30 - 10:30AM	8:00-9:00AM		8:30 - 9:15AM	7:30AM-8:15AM	8:45-9:30AM	
Butt and Gut	Cardio Drumming		Power Cycle	All Abs	Restorative Stretch	
Susan/Marie (25)	Susan (25)		Liza (10)	Susan (25)	Marie - Assembly Rm. (30)	
	8:30 - 9:15AM	8:00-9:00AM	9:15 - 10:15AM	8:30-9:30AM	9:30-10:30AM	
	Power Cycle	Dance Fit Gold	Toning Rhythm	NEW - Circuit Training and HIIT	Zumba	
	Susan (30)	Susan - Aerobics Room B (25)	Susan (30)	Susan (25)	Selene (50)	
10:45-11:45AM	9:30-10:30AM	9:15 - 10:15AM	11:00AM-12:00PM	9:45-10:45am	11:00 - 12:15PM	
Dance Fit Gold	Chair & Standing Pilates	Muscle Conditioning	Primetime Fitness	Senior Tone & Drumming	Yoga - All Level	
Susan (50)	Susan (30)	Susan (25)	Sherry (40)	Susan (30)	Deanna (30)	
12:30-1:45PM	11:00AM-12:00PM	10:45AM - 12:00PM		11:05AM-12:20PM		
Gentle Yoga	Primetime Fitness	Yoga - All Level		Yoga - All Level		
Deanna (30)	Sherry (40)	Deanna (30)		Deanna (30)		
	, , ,			12:35-1:35PM		
				Dance Fit Gold		
				Susan (50)		
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
4:30-5:30PM	4:00-5:00PM	4:00-4:45PM	4:00-5:00PM			Time of class
Pilates				5:00-5:45PM	I(#) Max Participants	time of class
· ilates	Lightweight Training			5:00-5:45PM Pilates	(#) Max Participants Instructor/Location	
Liza (30) - No class 2/21	Lightweight Training	Barre	Restorative Stretch	Pilates	Instructor/Location	ASR= Assembly Room
Liza (30) - No class 2/21	Susan/Marie (25)	Barre Liza (30)	Restorative Stretch Susan - Assembly Room (30)	Pilates Marie (30)	Instructor/Location Class TYPE	
6:30-7:30PM	Susan/Marie (25) 5:20 - 6:20PM	Barre <i>Liza (30)</i> 5:00 - 5:45PM	Restorative Stretch Susan - Assembly Room (30) 5:15 - 6:15PM	Pilates Marie (30) 6:15-7:15PM	Instructor/Location Class TYPE	ASR= Assembly Room
6:30-7:30PM Zumba	Susan/Marie (25) 5:20 - 6:20PM Toning Rhythm	Barre Liza (30) 5:00 - 5:45PM NEW - Circuit Training and HIIT	Restorative Stretch Susan - Assembly Room (30) 5:15 - 6:15PM Pilates	Pilates Marie (30) 6:15-7:15PM Dance Jam	Instructor/Location Class TYPE	ASR= Assembly Room
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All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and / or cancellation. Please let the instructor know of any physical limitation or injuries prior to the start of class. *Yoga/Stretching mats and blankets will NO LONGER be provided. Please bring your own to class with you. Thank you.

Thank you for your continued support of our programs! Happy Valentine's Day (2/14/22)



Group Exercise Class Descriptions:

<u>Barre:</u> A full body, targeted toning class designed to create long, lean muscles using Ballet and Pilates inspired moves. Set to fun, upbeat music and incorporates small props to maximize calorie burn and muscle definition.

Butt and Gut: Full-body aerobic workout that targets abs, adducter, abbucter, and assests.

Cardio Drumming: Find your inner Rock Star and drum your way fit. A fun, high energy, low impact, fat burning class using drumsticks and exercise balls that provides a full body workout.

<u>Chair Pilates:</u> Strengthen your core and body with this 45 minute class of seated Pilates. We will do standing and seated core movements with light weights, balls and bands. This class will help build your strength, flexibility and balance while correcting your posture.

NEW - Circuit Training and HIIT: The class combines interval training sequences with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. Class can be modified for all fitness levels.

<u>Dance Fit Gold:</u> This class is an easy to follow, fun dance fitness class. The choreography focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

Dance Jam: A fun, easy to follow, high energy, cardio dance class that will help you blast calories and find your inner dancer!

Gentle Yoga: This class will teach basic asanas, as well as introduce breathwork and relaxation techniques. Shoulders, hips and spines will be targeted as areas to open through slow, deep practice. This class is specifically designed for those individuals who want to bring movement and flexibility to their bodies in a balanced way.

Lightweight Training: A mixture of both standing and floor work.

Muscle Conditioning: A weighted workout to the rhythm of music, this class will help you get a cardio workout along with strength & endurance through the use of dumbbells, bands, and flex balls.

<u>Pilates:</u> This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. Bringing your own yoga/Pilates mat is recommended for this class.

Power Cycle/Lunchtime Cycle: This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

PrimeTime Fitness: This class is designed for those 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the SilverSneaker program.

Sr. Tone & Drum: Cardio Drumming. A fun, high energy, low impact, fat burning class using drumsticks that provides a full body workout.

Tone & Stretch/Restorative Stretch: Class is designed to improve muscle strength, tone & flexibility, using a combination of Pilates & traditional toning methods. Learn how to build strength & define muscle using a variety of equipment each week which may include light weights, stability ball, thera bands, & foam roller. Each session will end with a full body stretch. Suitable for all levels.

Yoga - All Level: This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. Bringing your own yoga/Pilates mat is recommended for this class.

Zumba: This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.